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Your essential daily news | TUESDAY, JULY 5, 2016

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Left behind

Less than half of all reported sexual assaults over the past five years in Winnipeg have led to charges **metroNEWS**

metro NEWS

Your essential daily news

Iraq mourns victims as government tightens security measures. **World**

CRIME

Man faces multiple charges in robberies

A man is facing several charges — including animal cruelty — after police say a hairspray-wielding suspect kicked a small dog during a robbery spree in Winnipeg last week.

Police say two suspects targeted several businesses including a clothing store in the 1300 block of McPhillips Street, a convenience store in the 100 block of Salter Street, and a drug store in the 700 block of St. Anne's Road between June 25 and July 1.

In all cases police say the suspects pulled out a can of hairspray and ignited the spray in the direction of staff before taking off with stolen merchandise.

"They essentially made a makeshift flamethrower," explained police spokesperson Const. Jason Michalyshen Monday. "It's obviously very dangerous… thankfully no one was injured, but clearly this is very concerning."

Michalyshen said during the pair's last robbery on Canada Day the suspect now facing charges kicked a small dog — described as a puppy in the police report— that was sitting outside the store as he fled.

Fittingly Michalyshen said it was the WPS Canine Unit that tracked down the suspect.

Ivan James Roulette, 23, is charged with three counts of robbery, possession of a weapon, six counts of possession of a firearm or ammunition contrary to probation order, and causing unnecessary suffering to an animal.

Police continue to investigate and the second suspect remains at large. METRO

A sod story: Cleaning up Canada Day vandalism

INSTALLATIONS

City only place her sculptures consistently damaged: Artist

Shane Gibson
For Metro | Winnipeg

Ewa Tarsia uses sod, dirt, and compost to create living sculptures she hopes will invite reflection on our relationship with the natural world—but she says her exhibit at The Forks attracted the exact opposite of quiet reflection over the long weekend.

The Winnipeg artist says vandals destroyed the large sod orbs she and an assistant spent a week building next to the Inn at The Forks during Canada Day celebrations Friday night.

This is not the first time Tarsia's grassy balls have been kicked in at The Forks, and worst of all Tarsia says of all the cities she's exhibited her public art, her hometown of Winnipeg is the only place where they seem to be consistently destroyed.

> **If vandals come at night, drunk, and completely destroy what you've created, then it's wrong.**
> Ewa Tarsia

"The orb was completely naked, the wooden structure was visible, compost was visible and everything was on the ground… you could see that they had been jumping on them," said Tarsia, while making repairs Monday morning.

"I've done these in Naples, Florida, at the Baker Museum, and nobody touched them; everybody loved them.

"I'm so disappointed… this is a beautiful city, it's just those few who have wrong behaviours."

Tarsia's piece, called Cool Dot, is part of Cool Gardens, a public exhibition of contemporary garden and art installations on exhibit around The Forks over the summer months.

This is the fourth year Tarsia has taken part, and she says every year her work has been destroyed by ne'er-do-wells or ransacked by thieves.

"Sometimes they squish the balls, and sometimes they just steal them," she said. "One year they stole the sod in rolls before I even started working on it."

The Forks spokeswoman Kristin Pauls said there were no other issues reported during the celebrations for Canada Day this year.

Tarsia, who moved to Winnipeg from Poland 25 years ago and was inducted into the Royal Canadian Academy of Arts in 2007, said security officials at The Forks have told her they'll add a sign next to her exhibit asking people not to play too roughly around the orbs.

"I don't mind if kids are asking questions, interacting, and touching them," she said. "But if vandals come at night, drunk, and completely destroy what you've created, then it's wrong."

Artist Ewa Tarsia makes repairs to one of the large sod orbs that make up her Cool Dot installation next to the Inn at The Forks Monday. PHOTOS: SHANE GIBSON/FOR METRO

FARES

Transit rolls out Peggo card for seniors

Winnipeg Transit's long-awaited reloadable card system is officially up and running.

Well, sort of.

Transit's new Peggo cards went on sale Monday, but only for seniors.

A release from the city said the Peggo system is being rolled out in phases, and cards will be available to full fare and youth passengers starting Aug. 8.

Meanwhile Winnipeg Transit says card readers are now active on all city buses, and riders who qualify for the reduced senior fare are encouraged start using the new system.

Peggo cards can be purchased in person at 97 locations across the city including all 7-Eleven and Shoppers Drug Mart stores, online at winnipegtransit.com, or by calling 311.

The cards are sold for $5 but for a limited time riders who use their Peggo card within 90 days of purchase will be refunded the cost back onto their card.

Winnipeg Transit says paper passes and tickets can still be used during the launch period. SHANE GIBSON/ FOR METRO

The city hopes to phase out paper passes and tickets by the end of 2016. BRAEDEN JONES/FOR METRO

IN BRIEF

Group seeks donations to pay for a puppy's surgery
A local rescue group is looking for donations to pay for surgery for an eight-month-old puppy whose body was crushed in a car accident. The group says one of the puppy's rear leg needs to be amputated after his pelvis, femur and knee were crushed in a car accident. METRO

New parking, patio may be coming to Esplanade Riel
New parking stalls and additional patio space could be in the stars for Mon Amis Restaurant on the Esplanade Riel Bridge.

Tuesday's committee on planning, property and development will discuss proposed changes to an existing lease agreement between the city and restaurant company owner 6711538 Manitoba Inc..

If approved, the restaurant would also gain 410 square feet of riverfront patio space. STEPHANIE TAYLOR/ METRO

Hoping to get streets ahead

CONSTRUCTION

Cheaper costs of construction has city looking at extra works

Braeden Jones
Metro | Winnipeg

Favourable construction prices have the city taking a serious look at breaking ground on extra roadwork this year.

A special meeting of the Infrastructure and Public Works committee approved a report Monday morning on 15 extra streets — one for each ward, as prioritized by the councillor from each — that could be fast-tracked for renewal in 2016.

The report and road list will go to the Executive Policy Committee for approval next, and if approved will see $8 million borrowed from the 2017 budget to complete work this year.

Public Works Department head Lester Deane said based on "the premise that we are getting excellent pricing from the industry," there is "value" in moving forward with the work, as long as 2016 projects wrap up first. He said the 15 roads identified come from councillors' existing wish lists and are in proximity to 2016 projects.

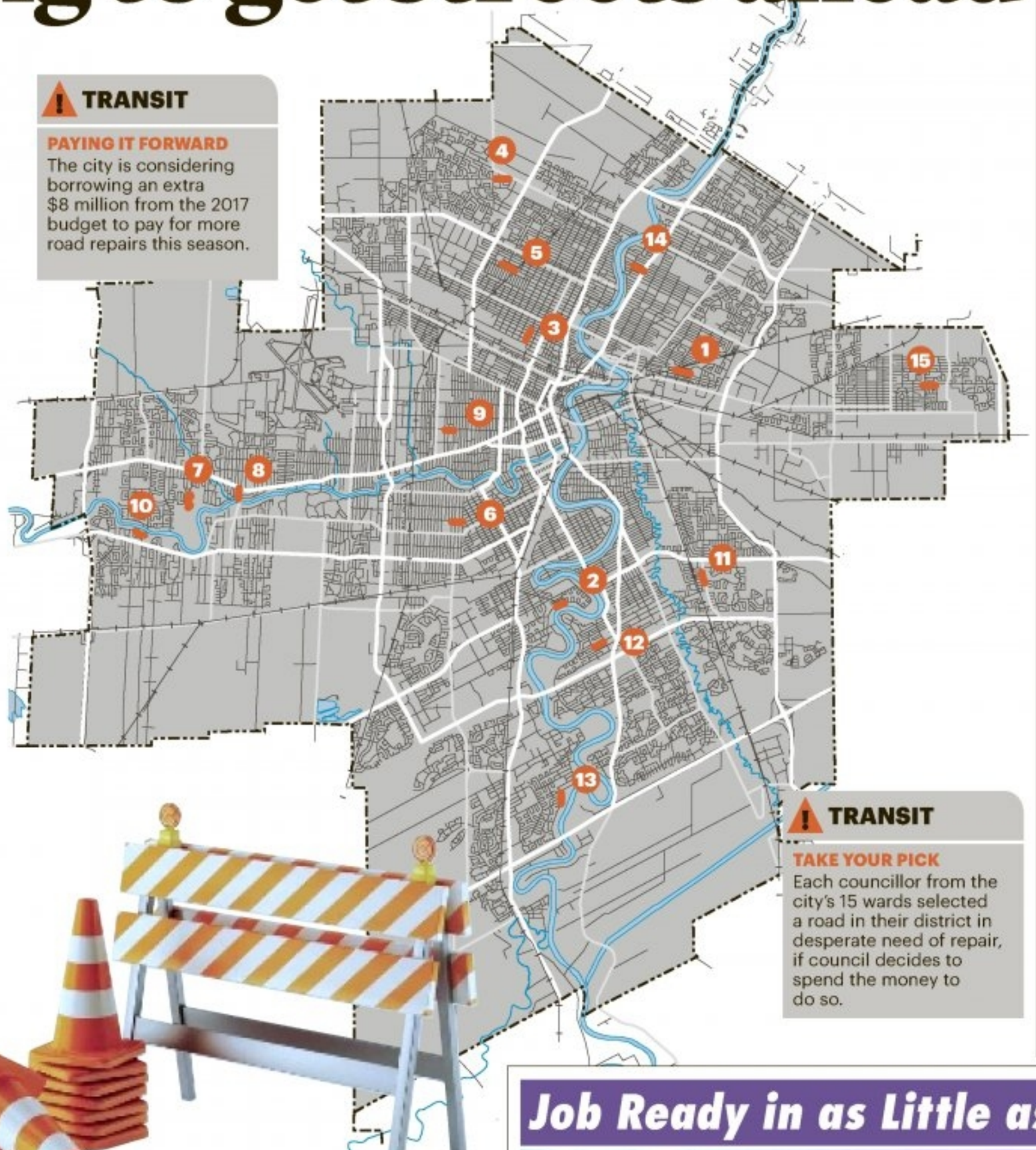
"What we have (produced) is a list of 15 locations, one per ward, we believe fit the criteria and that we believe we have a high probability of being able to deliver in 2016," Deane said.

Committee chairperson Coun. Janice Lukes agreed that capitalizing on the favourable market conditions would be a case of "getting value for the tax payer's dollar."

"This is a result of the industry saying 'look, prices are really competitive,' it's a result of the province not putting out as much work this year," Lukes said.

TRANSIT

PAYING IT FORWARD
The city is considering borrowing an extra $8 million from the 2017 budget to pay for more road repairs this season.



TRANSIT

TAKE YOUR PICK
Each councillor from the city's 15 wards selected a road in their district in desperate need of repair, if council decides to spend the money to do so.

STREET REPAIRS | THE TROUBLE SPOTS IN LINE FOR UPGRADE

1. Manhattan Avenue
Between CPR rail yards and Ken Street

2. South Drive
Between Wildwood Street and Point Road

3. Andrews Street
Between Selkirk and Dufferin Avenue

4. Monty Hall Drive
Between Simkin Drive and Oakhurst Crescent

5. Machray Avenue
Between Robertson Street and Cairnsmore Street

6. Grosvenor Avenue
Between Cambridge Street and Montrose

7. Pine Valley Drive
Country Club Blvds

8. Lake Street
Between Assiniboine Crescent and Portage Avenue

9. St. Matthews Avenue
Between Dominion Street and Goulding Street

10. Kinkora Drive
Between Southboine Drive and Berkley Street

11. Lakewood Blvd
Between Weatherstone Place and Edgewater Drive

12. Weaver Bay
Between Parkville Drive and Pulberry Street

13. Kilkenny Drive
Between Patricia Avenue and Radcliffe Drive

14. Linden Avenue
Between Woodvale Street and Henderson Hwy

15. Kildare Avenue
Between Wayota Street and Widlake Street

FUNDING

Heritage program overhaul

Heritage buildings in Winnipeg may see more funding freed up for redevelopment if city council decides to pilot a new grant program.

A report going to the property and development committee Tuesday proposes council approve grant funding for two existing heritage properties "on terms that would serve as the basis for a new heritage grant program."

The program would grant back 80 per cent of municipal taxes for 12 years to heritage properties. The administrative report notes it would have "specific incentives for assisting owners of vacant or underutilized heritage structures with the redevelopment of their properties as a means to contribute to the vitality and well-being of Winnipeg's heritage stock."

With council's support, the pilot program would kick off with grants being provided to a Sport Manitoba property on Pacific Avenue — the Sport for Life Fieldhouse — and to the provincial housing renewal corporation for the former Merchant Hotel on Selkirk Avenue.

Starting the pilot program would require the enactment of a new bylaw by council, which the city solicitor is being directed to prepare and deliver to council.

The new funding model would function initially as an alternative to the existing heritage conservation tax credit program — which both properties have pre-existing applications for — but could eventually replace it entirely.

BRAEDEN JONES/METRO

Charge rate in sex assaults low

Braeden Jones
Metro | Winnipeg

JUSTICE SYSTEM

Still, Winnipeg police encourage victims to come forward

Year after year, the number of sexual assaults reported in Winnipeg that result in charges is consistently low.

Winnipeg Police Service (WPS) data obtained by Metro shows that since 2010, 1,633 (39.5 per cent) of 4,132 sexual assault investigations resulted in charges being laid.

Those numbers match a conclusion reached by Statistics Canada in a national report on sexual offences that found "sexual offences are less likely to be cleared by police than other types of violent offences."

A WPS spokesperson refused multiple interview requests to see the numbers explained further, and said members of the sex crimes unit were "very busy" with the 2,499 incidents of sexual assault since 2010, in which there is so far insufficient evidence to lead to charges.

Rosemarie Gjerek, director of counselling and community health education at Winnipeg's Klinic Community Health Centre, said more troubling than the low charge rate is what that number means in terms of the overall sexual assault numbers in the city.

"The total number of incidents of sexual assault that were reported we know is far less than the actual number," she said.

"Those proceeding to charges is far less, and those proceeding to conviction far less again."

A widely-used national study — Limits of a Criminal Justice Response — estimates only 33 out of every 1,000 sexual assaults are reported to police, and of those, 12 will have charges laid, six will go to trial and three will lead to a conviction.

"So for every 1,000 assaults, it's 997 assailants walk free," Gjerek said.

The result she sees in people seeking support services is that they are "very cognizant of what a difficult process it can be" to report sex crimes and seek charges.

"That acts as a deterrent as to why people don't report," she said.

Coun. Scott Gillingham, who chairs the police board, said despite those numbers, "the board wants people reporting sexual assaults."

Gillingham explained his understanding is that the investigations can be complex, and the service works closely with the crown to see the cases lead to charges.

If the volume of reports was to increase, and the service saw that increase as cause for additional officers to be assigned to the sex crimes unit, it's something he said the board could support.

> "For every 1,000 assaults, it's 997 assailants walk free."
> Rosemarie Gjerek

Gjerek said in addition to seeing more sex crimes reported, and converting more reports into charges, reducing the number of incidents each year should be another goal.

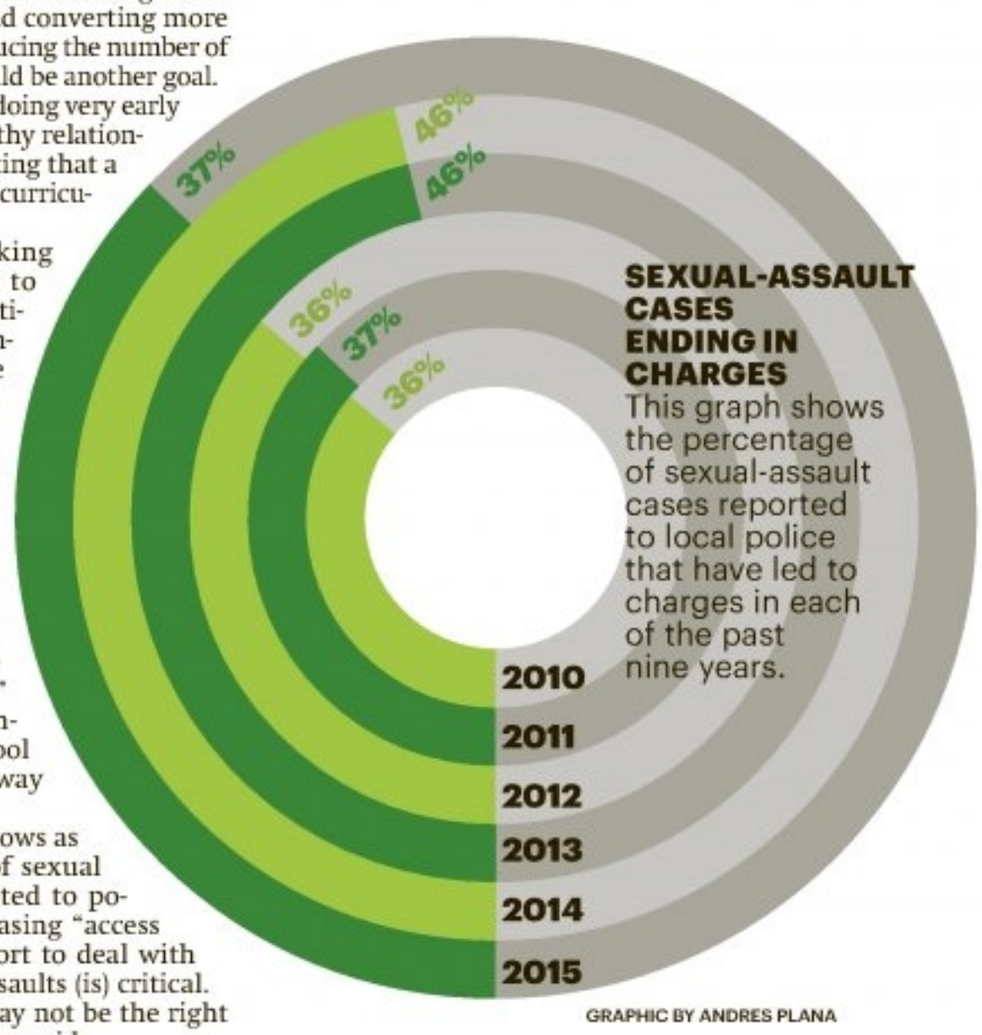
"What we need to be doing very early on is talking about healthy relationships," she said, suggesting that a refreshed sexual-health curriculum could help.

"We need to be talking to children, to youth, to teens, about what constitutes a healthy relationship, and what rights we all have to be free from violence."

She said ensuring that a "developmentally appropriate" curriculum that addresses healthy relationships, "informed consent," and encourages young men to be "more than bystanders" are implemented consistently across all school divisions is one clear way forward.

Also, because data shows as many as 91 per cent of sexual assaults are not reported to police, she believes increasing "access to resources and support to deal with the impact of sexual assaults (is) critical.

"The court system may not be the right thing for everybody," she said.



SEXUAL-ASSAULT CASES ENDING IN CHARGES
This graph shows the percentage of sexual-assault cases reported to local police that have led to charges in each of the past nine years.

GRAPHIC BY ANDRES PLANA

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PLANE CRASH

Military identifies two soldiers as victims

The names of the two victims killed in a fatal plane crash near Winnipeg over the weekend have been released by 1 Canadian Air Division and the Canadian NORAD Region headquarters in Winnipeg.

Capt. Bradley Ashcroft and Capt. Zachary Cloutier-Gill were flying in a non-military aircraft and were not on duty at the time of the crash.

Ashcroft served in the Canadian Armed Forces for more than nine years and was a member of the construction engineering branch.

Cloutier-Gill served for nearly 12 years and was an air combat systems officer.

Both men were stationed at the Winnipeg base.

Military spokesman David Lavallee said neither are military pilots by trade, and which man was operating the aircraft is part of the investigation.

"As to what kind of training, we are not aware of that. We are not aware of which man was the pilot," he said.

"This is certainly a tragedy. We've lost two members of our family. No matter what the circumstances it's tragic and right now our focus is on supporting the families."

RCMP had earlier described the deceased as a 27-year-old pilot and a 28-year-old passenger, both from Winnipeg.

The single-engine Piper PA 28 plane came down in the Rural Municipality of Springfield at about 10 a.m. last Friday morning after taking off from the tiny Lyncrest Flight Centre.

Jim Oke, president of the Recreational Aircraft Association, which owned the plane, described the pilot as having between beginner and intermediate experience.

The Transportation Safety Board is investigating.

THE CANADIAN PRESS

Michelle McHale, who is organizing the first-ever pride march in Steinbach, Man., stands on the parade route on June 24.

THE CANADIAN PRESS

Gay pride comes to Bible Belt

LGBTQ RIGHTS

Opinions divided over march in rural Steinbach

Evan Weins thought this day would never come.

Bullied as a gay teenager in Steinbach, Man., the heart of the province's so-called Bible Belt, Weins is now watching as others in the small city organize its first-ever pride march, set for July 9.

"I didn't think I would ever hear the words 'Steinbach pride' in my life," Weins says.

"Growing up in Steinbach, I experienced a lot of religious guilt ... I can remember as early as Grade 3 being told that I was going to hell for liking Harry Potter."

Steinbach is a prosperous, fast-growing community of 14,000, a 45-minute drive southeast of Winnipeg. It has the kind of recreational facilities, big-box stores and shiny infrastructure you would see in a new subdivision in the provincial capital.

It is also a community with a 'small-c' conservative, rural history and a strong religious presence, having been founded by Mennonites in 1874.

Weins stirred up controversy in 2013 when he set up a gay-straight alliance at the city's high school. He was originally told he could have the support group but could not put up posters to promote its meetings.

The latest clash over gay rights flared up earlier this year when Michelle McHale's child was bullied because McHale is in a same-sex relationship.

McHale fought unsuccessfully to broaden the area school division's policy on sensitive issues, which states that same-sex relationships, masturbation and other matters cannot be discussed in classrooms prior to high school, even if students ask questions on the topics.

She filed a human rights complaint and found herself as one of the organizers of the city's first pride march.

"I was definitely expecting pushback," McHale says. "Any time you change anything, that's to be expected, particularly when it's something like this in a community like this."

THE CANADIAN PRESS

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Police floats ban 'stupid'

DEMANDS

Black Lives Matter held a sit-in during Pride Parade

Members of the Toronto police force say they're offended that Pride organizers agreed to a list of demands set out by Black Lives Matter during Sunday's parade.

The list includes nine demands that range from banning police floats in future parades to increasing funding for spaces for racialized communities.

Janaya Khan, co-founder of Black Lives Matter Toronto, said the group took the position they were given in the parade as an opportunity to open up a conversation about how to make Pride more inclusive for marginalized groups.

Members of the group held a sit-in part way through the city's 36th annual Pride Parade, stopping it from moving forward for about a half hour.

It resumed when Pride's executive director, Mathieu Chantelois, signed the list of demands.

Ken Leppert of the Ontario Provincial Police speaks with colleagues at the Pride Festival parade in Toronto. GETTY IMAGES

The president for the union representing the city's police officers said he's outraged that Pride would accept the demands.

Mike McCormack said that police officers have been supporters of Pride for years, and that it's "stupid" to try and exclude them.

"This is about the Pride parade, this is not about Black Lives Matter," he said in an interview Monday.

"We have been supporting this parade for years, long before politicians and other people. To suggest that police should be removed and not have a float or booths or be allowed in the community space, that's complete and utter nonsense."

He suggested that Black Lives Matter shouldn't be allowed to co-opt another group's event. Khan took issue with that stance.

"I can't co-opt what is mine," said Khan, who is part of the LGBTQ community, adding: "It was never community consensus that police floats should be a part of Pride to begin with."

And Khan noted that this sort of political action isn't unprecedented at Pride parades.

"Change is uncomfortable. Twenty years ago, you had the first Dyke March. There was a lot of negative publicity, there was a lot of pushback."

But while Pride Toronto's executive director signed the document during Sunday's parade, organizers are now saying that they were really just committing to "having a conversation" about the list.

"There's a number of (the requests) that are quite reasonable, in terms of how we engage with the black, queer community," said Alicia Hall, a co-chair of Pride's board of directors. And the rest of them, she said, will be discussed — including the role of police.

But Khan said that while some of the items on the list are negotiable, the ban on police floats is not. THE CANADIAN PRESS

CRIME

Exploitation of children an 'epidemic'

Canadian police lack the resources to keep pace with the burgeoning threat to children from online sexual predators, federal officials have warned the public safety minister.

An internal briefing note to Ralph Goodale says digital child pornography poses increasing challenges for criminal justice agencies.

The problem is fuelled by the growth of technology allowing online anonymity, new legal hurdles for police and easier travel to places where children can be abused and photographed, the note says.

The memo says although data is limited, some believe online child sexual exploitation has reached "a level of epidemic proportions" that if left largely unaddressed will have devastating consequences for generations of children in Canada and abroad.

"It is therefore essential that the government work with partners and stakeholders to gain a thorough understanding of all the challenges and identify what is needed to tackle this significant threat." THE CANADIAN PRESS

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OTTAWA

A sweet and sour stand story

Haley Ritchie
Metro | Ottawa

After a sour online response, the National Capital Commission has apologized for shutting down a lemonade stand over the weekend.

Seven-year-old Eliza Andrews and her five-year-old sister Adela had a morning of sweet sales when they set up their stand Sunday morning, but after about two hours of sales they were promptly shut down by an NCC officer because they didn't have a permit.

Sisters Eliza, right, and Adela Andrews on Monday in Ottawa. DAVE CHAN/FOR TORSTAR NEWS SERVICE

"We understood that it was NCC property," said father Kurtis Andrews. "But we figured a kids' lemonade stand wouldn't raise a bunch of fuss, and no one would make a big deal about it."

On Monday morning the girls and their father were invited to NCC headquarters to talk about bringing the lemonade stand back — with the proper documentation.

"They gave us the royal treatment," said Andrews. "We put in an application for a permit, and it sounds like they'll be expediting whatever process is required so we can set up next Sunday."

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People light candles on Monday at the scene of a massive car bomb attack in Karada, a shopping district where people were shopping, in the center of Baghdad, Iraq. HADI MIZBAN/THE ASSOCIATED PRESS

Iraqi men grieve at the scene of a deadly suicide car bomb on Monday. HADI MIZBAN/THE ASSOCIATED PRESS

Iraq death toll climbs

TERRORISM

Officials aim to tighten security measures

As the death toll from the weekend truck bombing in Baghdad climbed to 157, Iraq's embattled prime minister ordered new security measures, including abandoning the use of bomb-detection wands that U.S. experts pronounced worthless years ago.

But security forces were still using the devices Monday evening, as a string of smaller bombings in the capital killed 16 people and wounded dozens more.

Sunday's suicide attack by Daesh was the single deadliest bombing to hit Baghdad in more than a decade of war and insurgency.

Also Monday, five convicted terrorists were executed in Baghdad, the Ministry of Justice said in an announcement that appeared aimed at restoring faith in Iraq's security forces in the wake of the devastating attack.

Firefighters and medical teams were still uncovering bodies from the city's Karada neighbourhood Monday morning. Officials said a dozen people were missing and at least 60 of the dead were women and children. At least 190 people were wounded.

The blast struck after midnight when the neighbourhood was bustling with people breaking their daylight fast during the Muslim holy month of Ramadan. The attack demonstrated Daesh's ability to strike the capital despite a string of defeats on the battlefield, including the loss of Fallujah just over a week ago.

With public anger mounting, Prime Minister Haider al-Abadi ordered new security measures Sunday evening, including increased aerial scanning and intelligence-gathering in the capital and the installation of X-ray systems at the entrances of provinces.

He also ordered security forces to stop using a handheld electronic device that was widely sold as a bomb detector but has been repeatedly branded bogus by technical experts. And he ordered the reopening of an investigation into the purchase of the ADE 651s, which cost the Iraqi government tens of thousands of dollars each.

In 2010, British authorities arrested the director of the British manufacturer, ATSC Ltd., on fraud charges, prompting Iraqis to open their own investigation. Iraqi authorities made some arrests, but the device remained in use.

On Monday evening, Associated Press reporters saw a number of the devices still being used at checkpoints around the capital as another round of blasts erupted.

Many Iraqis blame their political leadership for the way large amounts of explosives have made it past multiple checkpoints into crowded neighbourhoods with disastrous results. THE ASSOCIATED PRESS

MORE ATTACKS

Small-scale bombings occur on a near-daily basis in Baghdad.

- **In May** a string of large-scale bombings, many of them claimed by Daesh, killed more than 200 people in a single week.
- **In February,** Amnesty International reported that the number of Iraqis sentenced to death in 2016 was close to 100.
- **Later Monday,** about 10 rockets struck a refugee camp for Iranian exiles next to Baghdad's international airport, according to a Baghdad police official.

IN BRIEF

Explosion in Saudi mosque

A suicide bombing outside one of Islam's holiest sites killed four Saudi security forces on Monday, and similar attacks outside a Shiite mosque and a U.S. Consulate in two other Saudi cities raised fears of a co-ordinated assault aimed at destabilizing the Western-allied kingdom. The Interior Ministry said five others were wounded in the attack outside the mosque where the Prophet Muhammad is buried in Medina. THE ASSOCIATED PRESS

BANGLADESH

Officials question hostages

Some of the hostages rescued from the weekend attack on an upscale restaurant in Bangladesh's capital were questioned Monday by investigators searching for clues about the possible masterminds behind the gruesome attack that left 28 dead, including many foreigners.

Authorities were still holding five of the 13 hostages rescued when commandos stormed the restaurant in Dhaka's diplomatic zone Saturday morning, killing six of the attackers and capturing one, according to officials.

Bangladesh police chief A.K.M. Shahidul Haque said authorities would be interrogating two men, including a suspected militant, who were detained during Saturday's operation. He would not say whether either had been among those counted as hostages, only that they were being treated in a hospital for unspecified injuries.

A second official said the five former hostages still being held included a Canadian citizen of Bangladeshi origin and a Bangladesh-born British citizen.

Global Affairs Canada, the government department which manages Canada's diplomatic and consular relations, and consular officials at the High Commission of Canada in Dhaka said they had not received any reports of a Canadian citizen being detained.

The brutality of the attack has stunned the traditionally moderate Muslim nation and raised global concerns about whether it can cope with increasingly strident Islamist militants. THE ASSOCIATED PRESS

TRANSIT TUESDAY
Weekly Transit News Update

SENIORS, GET YOUR PEGGO CARD NOW!

Seniors are the first transit customers to start using peggo, the new electronic fare collection system from Winnipeg Transit. Seniors (65+) can now purchase their re-loadable peggo card in person at any 7-Eleven or Shoppers Drug Mart store, online at WinnipegTransit.com or by calling 311.

Using a peggo card is easy! Simply tap the card directly on the peggo card reader on the farebox, wait for the beep, and go.

Full fare and Youth customers will be able to start using the new peggo fare system starting August 8.

The cost for a peggo card is $5.00, however, for a limited time, customers can receive a $5.00 rebate when they register their peggo card and use it on the bus within 90 days of purchase. Visit winnipegtransit.com or contact 311 for more information. Registering your peggo card provides a number of benefits, including online account management and loss or theft protection.

Customers will have up to 36 fare payment options to choose from, including 24 hour, 3 day, 5 day, 7 day, 14 day, 21 day, 28 day, monthly and annual passes. Winnipeg Transit will continue to offer reduced fares to seniors and students.

There are two types of fares which can be loaded onto peggo cards:

- e-passes – replace paper passes and are valid for an unlimited number of trips during a set number of consecutive days.
- e-cash – replaces paper tickets. Riders can load e-cash onto their peggo cards, which deducts e-cash fares from the card when it is tapped on the farebox. When paying using e-cash, a 75-minute transfer is automatically loaded onto the peggo card so paper transfers are no longer required.

Winnipeg Transit will continue to accept paper passes and tickets while customers transition to the new fare system. Riders will still be able to pay cash fare when boarding.

A comprehensive public outreach and education campaign has been underway since June 10th to help Winnipeg Transit customers adapt to the new fare payment system.

To learn more about peggo, visit winnipegtransit.com or contact 311.

peggo
Say hello to peggo
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App shakes up transfers

FOREIGN EXCHANGE

TransferWise allows users to send money to 60 countries

TransferWise's two founders **Kristo Käärman** and **Taavet Hinrikus.** TORSTAR NEWS SERVICE

Kristo Käärman and Taavet Hinrikus built a billion-dollar business out of their common spendthrift's conundrum.

Käärman was paid in pounds at his job in London, but needed euros to pay off his student loans in Estonia. Countrymate Hinrikus was getting paid in euros through a bank account back home, but living in London and spending pounds.

Both were frustrated with how much money they were losing to their banks when transferring money to and from their own accounts.

So they decided to invent a new system. The two partnered to create TransferWise, a peer-to-peer foreign-exchange swap system that changes the way consumers in 60 countries send money abroad.

"I realized the way it works is the bank just uses a different exchange rate," Käärman said in an interview ahead of TransferWise's Canadian launch in April. "It's a very sneaky trick by the banks to fool you into thinking there's a fixed rate and actually they're taking a fee."

Since its founding in 2011, TransferWise has become a "unicorn" — a startup worth more than $1 billion — and attracted investors including Sir Richard Branson and PayPal founder Peter Thiel. It has been named Apple's "most innovative" app.

The service entered the Canadian market this spring, enabling users to send Canadian dollars to any of the 60 countries and 35 currencies on TransferWise's platform.

The company believes Canada is a market ripe for disruption, with more than three million Canadians living abroad and seven million people here who were born overseas. It estimates that Canadians are paying more than $1 billion in fees to transfer about $30 billion abroad every year.

TransferWise charges 1.2 per cent to exchange money — about 80 per cent less than Canadian banks. Bank customers don't pay the "mid-market" rate you see posted on the Bank of Canada or see in the paper. They pay the consumer rate, which has bank fees baked into it, and, often, other fees.

TransferWise's app converts money at the mid-market rate that banks offer big customers. It then matches a request for foreign currency with a request for an equivalent transfer in the opposite direction — someone who has that currency and looking for Canadian dollars.

"This is almost like the sharing economy in the financial sense, in that there are other people who need those currencies and we're just a tech platform that makes it move very efficiently," Käärman said. TORSTAR NEWS SERVICE

CONTRACT TALKS

Canada Post hopes to get deal

Canada Post says talks with the union representing postal workers continue and it still hopes to negotiate a deal.

Spokesman Jon Hamilton says the company has not given the required 72 hours notice of a lockout, nor has the union given notice of any job action.

Both sides remain at the negotiating table and Hamilton says he hopes they can reach an agreement that is "affordable and reasonable."

Canada Post made new contract proposals about a week ago, and the union presented a counter-offer on Friday. That offer includes wage hikes and rejects Canada Post's plan that would have new employees get a pension plan that operates like an RRSP, called defined contribution, instead of the defined benefit plan for current employees that guarantees a set level of retirement benefits.

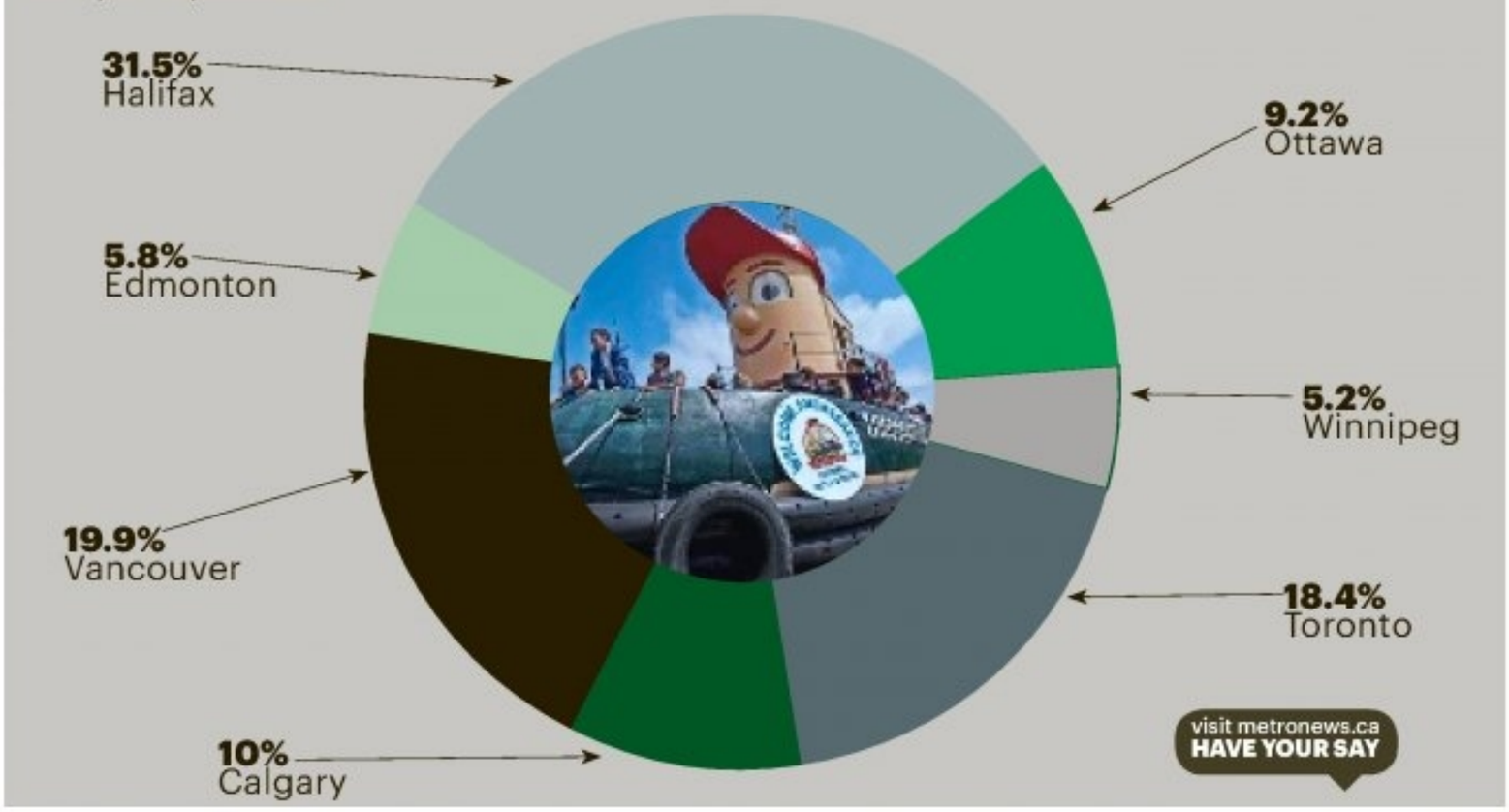
Hamilton says Canada Post has expressed frustration over the proposal, which he says "puts us in the exact opposite direction of where we need to be." THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Tuesday, July 5, 2016

METRO POLL

Halifax is your favourite Metro city!

Last week, on the occasion of our home and native land's 149th, we decided to settle once and for all which Metro city is the best in the nation. We asked prominent Canadians to extol their hometowns and then we invited you, the readers, to vote online. Here are the final results, adjusted on a per capita basis.



Rights of killers like Ostamas easy to ignore

INSIDE THE PERIMETER

Shannon VanRaes

John Paul Ostamas has suffered a great injustice.

It's hard to feel any sympathy for Ostamas, who has admitted to brutally beating, strangling and stabbing Donald Collins, Stony Stanley Bushie and Miles Monias to death in April of last year. All three of his victims were homeless men who struggled with substance-abuse issues that left them unable to fend off the vicious attacks that cut their lives short. And all three men had families who loved them, who miss them immensely and whose lives will never be the same.

But we live in a country where everyone has the right to a vigorous defence — no matter how heinous the crime they are accused of — and Ostamas did not receive a vigorous defence.

Instead, defence lawyer Greg Brodsky and Crown Sheilla Leinburd jointly recommended a life sentence with no parole for 75 years.

No harsher sentence has ever been imposed in Canada.

In lay terms, Brodsky told the court to let his client die in jail. Short of asking for the death penalty to be reinstated, Brodsky could not have done worse on Ostamas's behalf.

Equally shocking is that the defence never asked for a psychiatric evaluation to be completed, despite the fact that Ostamas was previously diagnosed with schizophrenia and had a history of paranoid delusions. In fact, the Crown only learned the defendant had a history of mental illness that affected his perceptions of reality minutes before the sentencing occurred. According to some reports, Ostamas told police he killed the three men to avenge the rape of his pregnant girlfriend by four individuals, a claim that was not found to be credible. He had also repeatedly told his sister that men were out to get him and that he needed to defend himself or go into hiding.

Make no mistake, I am not saying that Ostamas — whose family also indicated he suffered a head injury as a youth — should have been found not criminally responsible. I am saying that Brodsky should have at the very least explored his client's mental state at the time of the killings, instead of stuffing 14-year-old documents into the Crown's hands moment's before his client's fate was sealed.

Perhaps there are facts the public is unaware of. Perhaps Ostamas instructed his attorney to let him rot in jail, although it seems highly unlikely. Perhaps Ostamas wasn't even competent enough to instruct his lawyer. Without a psychiatric evaluation it's impossible to know.

Even if he'd had a rigorous defence, it's also possible that tough-on-crime Justice Vic Toews would have imposed the same sentence anyway. After all, the noted philanderer turned judge was Public Safety Minister in 2011 when the Harper government changed the Criminal Code so as to allow such lengthy parole deferments.

But in any event, these are questions that remain unanswered because no one stepped up to ensure that Ostamas, a homeless indigenous man, was afforded the defence he was entitled to.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist She can be reached on Twitter @ShannonVanRaes

EU is both symptom and potential cure

Joel Blit
For Metro

In the aftermath of the Brexit, it is tempting to paint the leavers as xenophobes or racists. And while there are some unsavoury elements within the Brexit movement, it would be simplistic to ascribe the movement's success to widespread bigotry. Moreover, doing so would preclude us from understanding the discontent. The leavers are right to feel aggrieved.

Economic integration has been sold as a rising tide that lifts all boats. In my undergraduate international trade course, one of the first lessons is that there are gains from trade for all countries. But what often gets overlooked is that within each country there are winners and losers. The reality is that while trade has brought many of the anticipated rewards, these have not been shared. The Organization for Economic Co-operation and Development reports that between 1975 and 2012 much of the income growth generated has gone to the one per cent of earners.

In the U.S., 47 per cent of the entire pre-tax income growth was captured by the one per cent. For Canada, this fraction was also large, at 37 per cent.

The major cause that most economists would point to is technological change. Software and robots are taking over routine jobs. And as the $19-billion US acquisition of 55-employee WhatsApp showed us, technology has also allowed the creation of firms that generate massive value for the investors and entrepreneurs while creating precious few jobs.

What is certain is that immigration has played at most a minor role in increasing inequality. Blaming immigrants for the low wages and lack of jobs is misguided.

Unless we are willing to halt technological progress, increasing income inequality may be a reality that we will have to cope with. This does not mean we have to accept that the rich will get richer while the poor will get poorer.

The implicit bargain is that for us to collectively agree to trade liberalization, those who benefit must share some of their gains with those who get hurt. Governments can ensure a good quality of life for all by implementing redistributive policies and offering quality public services, such as education and health care. Doing so will require that governments tax corporations and the very rich. But this is difficult for any one country because these groups are the most internationally mobile. As the Panama papers showed us, it is all too easy for the rich to set up offshore investments and avoid paying taxes.

Tackling inequality will require international co-operation and governance — just the sort of political integration that is best modelled by the EU, the very thing that the disenchanted voted to leave.

The leavers are right to feel aggrieved. But their anger at the EU is misplaced. Exiting will only weaken the one institution that offers a model for fighting inequality.

Joel Blit is a professor of International Economics at the University of Waterloo and a Senior Fellow at the Centre for International Governance Innovation.

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metro LIFE

Your essential daily news

Celine Dion triggers media mayhem with rare appearance at Christian Dior's couture show

Check out your partner's moles

RESEARCH

Screening strategy helps identify new melanomas

Genna Buck
Metro Canada

Kathy Barnard's husband gives her an unusual, but sexy, gift each Valentine's Day.

He checks all her skin, from head to toe — for abnormal moles, that is.

As a survivor of melanoma, the most dangerous kind of skin cancer, Barnard is at high risk of a recurrence.

And research shows her screening strategy works.

In a new study, published last week in the Journal of the American Medical Association (Dermatology), high-risk patients who had melanoma before and their partners were assigned either no special treatment or, instead, training on how to identify new cancers. They were followed up for two years, with dermatologist visits every four months.

The results were impressive.

Patients and their partners who got the training correctly identified more than 60 per cent of new melanomas (the remainder were diagnosed by doctors). On the flip side, participants in the group who got no training were not able to spot new melanomas on themselves or their partners. All the cancers for those participants were instead detected by doctors.

New research has found that patients and their partners who received proper training were able to correctly identify more than 60 per cent of new melanomas. Participants who didn't receive training weren't able to spot new melanomas on themselves or their partners. ISTOCK

ABC'S OF SCREENING

Patients were given a simple A-B-C-D-E scorecard to help them remember how to screen their loved one's skin.

Assess moles and be aware of any that fall under the 3) description in each of the following categories:

Border
1) Smooth, regular border
2) Not sure
3) Jagged, irregular border

Colour
1) One or two colours, no blending
2) Not sure
3) Variety of colours with blending

Diameter
1) 4 mm or less
2) 5 mm
3) 6 mm or more

Evolution of any of the above

See your doctor within two weeks if any mole scores a 3) for B, C and D, or if there is any evolution at all in its border, size or colour.

> **It's not just your spouse, but everyone connected to you.**
> Kathy Barnard

If it's caught in the earlier stages, survival rates for melanoma are above 90 per cent. Most patients diagnosed with advanced melanoma, on the other hand, die of their disease within five years.

The extra education didn't seem to increase anxiety or encourage extra doctor visits, pointing to how programs like this, though the initial research is expensive, could save money in the long term.

Barnard, who is president of the Save Your Skin Foundation in Vancouver, which does public education and support, estimates about half the melanoma patients she works with had their cancer discovered by a loved one.

"It's not just your spouse, but everyone connected to you," she said. "My niece found my (cancerous) mole on my back when I was in a bathing suit."

The new research aimed to build on informal screenings people do at home, explained Dr. Jane Robinson, the lead author of the study.

She got the idea years ago when she was getting ready to discharge a melanoma patient after he had surgery to remove a cancerous mole on his back.

"I was explaining to this about-50-year-old man that he could develop another cancer, and telling him he had to check," Robinson said.

"I'll never forget it. He looked at me and said, 'Doc, my wife takes care of all that stuff!'

"I said 'Where's your wife? Go get her! So he runs out the door with his shirt hanging out and brings in his wife from the waiting room."

Robinson taught the man's wife the warning signs to look for, especially in hard-to-see areas like his ears, back and the top of his head.

"She is all over it. Poking him, and questioning me so she could get it right," Robinson said. "It was out of love, to make sure he lived a long time."

In fact, Robinson added, partners who say they aren't particularly well bonded and don't spend much time together still succeed at identifying each other's cancers. Some even told her the screening ritual brought them closer together.

"People had a job to do," Robinson said. "They knew it was, 'Do this or the person could die.'"

modern dating
a glossary

Concepts that have recently emerged in pop culture that may help you figure out your dating life. TORSTAR NEWS SERVICE

The term **softboy** was coined by Alan Hanson in a Medium article last August. It's a man who portrays himself as a complicated being with feelings but who is ultimately selfish. "He discusses his ex-girlfriend within the first 30 minutes of the date. He talks about her in a sad, wistful way rather than a snarky, resentful way ... He is artistic. He is aware. He is still a d---," writes Hanson.

Benching, as described by Jason Chen in New York Magazine, is when the person you're seeing continues to text you, Snapchat with you and send you memes on Instagram, but no longer commits to seeing you in person.

Haunting is when someone who ghosted you returns in the form of social media interactions — without being in touch directly with words. They like your Facebook posts and view your Snapchat stories, but unlike benching they don't get in touch directly.

Sliding is a form of social media flirtation that happens when someone you don't really know sends you a personal message on social media. They "slide into your DMs (direct messages)." It's an action that is usually a little precocious, if not abrupt. It usually happens before you've indicated any interest.

Tuning is flirting (usually online) in a way that skirts the possibility of being rejected and may lead to a booty call (or text). The person sends signals in the form of Instagram or Facebook likes, Snapchats and text messages. Once there's been a back and forth, validating interest, a late-night direct message could follow.

Fall and winter are considered **cuffing season**, a time when people who would usually prefer being single all of a sudden dread the idea of being alone. It makes them want to couple up, if only for those three to four months.

Actress Leslie Jones who is six feet tall, pictured with Ghostbusters co-star Kate McKinnon, has had trouble finding designers willing to dress her for the film's premiere. ALBERTO E. RODRIGUEZ/GETTY IMAGES

Actresses say size shouldn't matter

RED CARPET

Some stars find it hard to get designer duds for events

Ghostbusters star Leslie Jones' recent online lament about having trouble finding a designer to dress her for the film's premiere points to the challenges actresses face when it comes to walking red carpets in style.

While one nice tux might carry a male actor through many a premiere, it's customary for female stars to show up in new attire for every photo opportunity, which makes finding fresh, fashion-forward outfits for such occasions a time-consuming task, especially for women larger than a size 2.

"It's so funny how there are no designers wanting to help me with a premiere dress for (a) movie," wrote Jones, who is six feet tall. "Hmmm that will change and I remember everything."

But for designers, it's not just about their star clients fitting into smaller sizes, said celebrity stylist Nina Hallworth. It also has to do with creating a mutually beneficial partnership between the clothier and the star.

"It is about how a designer wants to be represented as an artist," Hallworth said in an interview. "We have worked with women who are sample sizes and incredibly well known and a designer will say no to that collaboration as creatively it is not a fit — even if we think it is."

As it turned out, designer Christian Siriano responded to Jones' call on Twitter last week and agreed to make her gown.

"I can't wait to create something special for her to wear," the statement said. "I support all women no matter age or size!"

"It shouldn't be exceptional to work with brilliant people just because they're not sample size," Siriano wrote on Twitter. "Congrats aren't in order, a change is."

He followed up later in the week with photos of Jones visiting his studio, where she said they are "making magic."

It's not clear how long Jones had been seeking a dress for the premiere, but she hasn't been alone.

Other actresses outside the size-2 landscape have said it can be hard to find designers to work with, even for high-profile events. Melissa McCarthy said that when she was invited to the Oscars after the success of Bridesmaids, she couldn't find anyone to make her a dress.

"I asked five or six designers — very high-level ones who make lots of dresses for people — and they all said no," she told Redbook magazine in 2014.

"Collaboration between designers and actors is symbiotic," Hallworth said. "A great image can last a lifetime; a bad one longer." THE ASSOCIATED PRESS

> **"I asked five or six designers — very high-level ones who make lots of dresses for people — and they all said no."**
>
> Melissa McCarthy, on when she was invited to the Oscars

> **It shouldn't be exceptional to work with brilliant people just because they're not sample size.**
>
> Christian Siriano, designer

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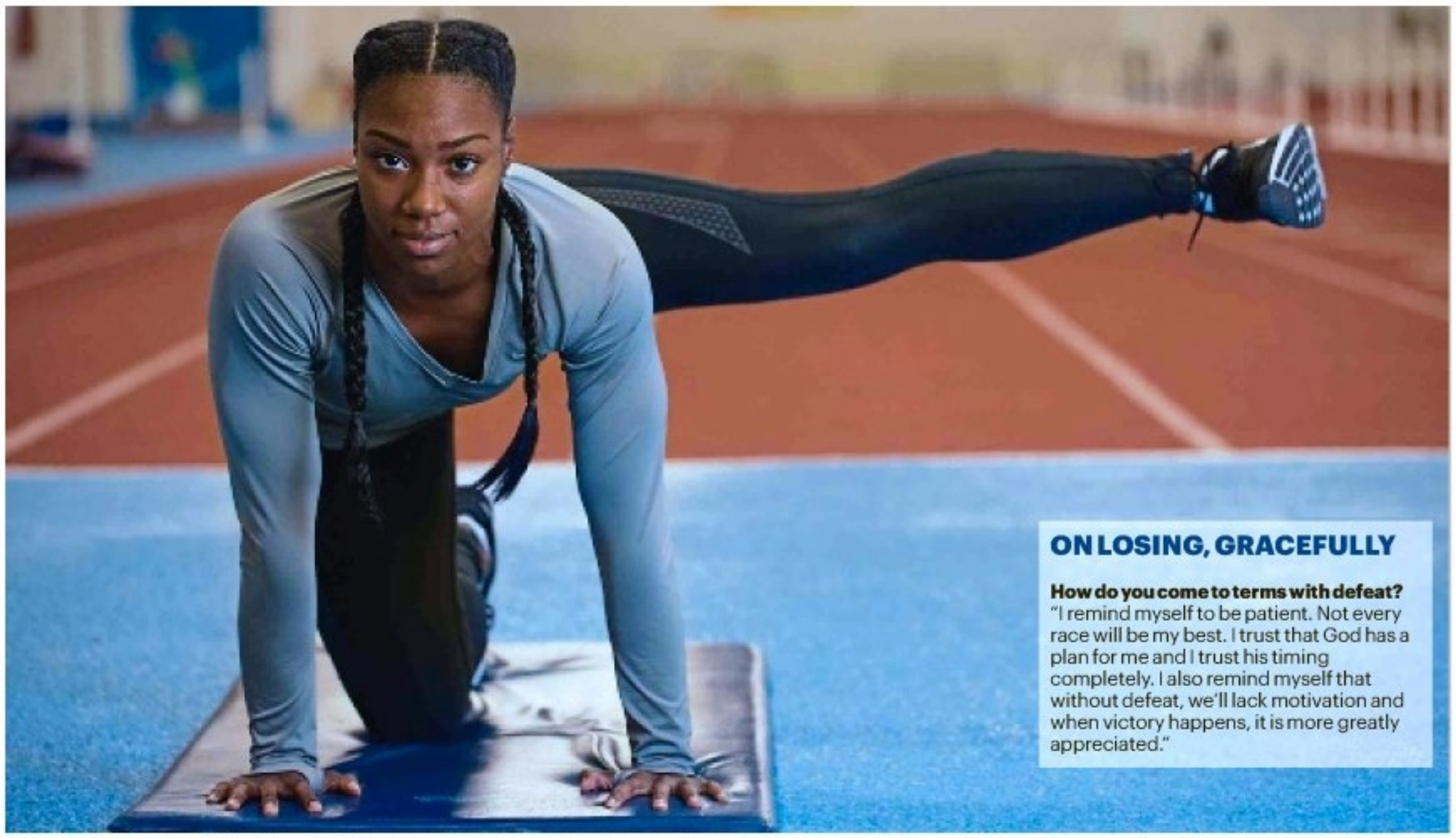


ON LOSING, GRACEFULLY

How do you come to terms with defeat?
"I remind myself to be patient. Not every race will be my best. I trust that God has a plan for me and I trust his timing completely. I also remind myself that without defeat, we'll lack motivation and when victory happens, it is more greatly appreciated."

Canadian Olympic sprinter Khamica Bingham shows an exercise she does to work her gluteus maximus, the muscle group she relies on for explosive starts.
CHRIS SO/TORSTAR NEWS SERVICE

Canada's fastest woman on hard work, good rest and trust

KHAMICA BINGHAM

Young sprinter preps for race day with films, naps, makeup

Athletes — they're not just like us.

Leading up to the Rio Olympics and Paralympics, we take a look at Canadian athletes' diets, fitness routines and mental health, profiling Canadians who hone their bodies and sharpen their minds for competition.

Khamica Bingham, Canada's fastest woman, hasn't let success go to her head.

"When I'm off the track, I'm the laziest person ever," says the Brampton sprinter, 22. "For me, celebrating a victory is eating my favourite food!"

In Rio, Bingham is expected to compete in both the 4x100-metre relay and the 100-metre sprint.

Your go-to food after a tough workout?

I don't have a huge appetite after a tough workout. I love smoothies or fruit. Later, I eat something more filling that has carbohydrates and protein because I'm starving by then. Chicken and rice with vegetables is my typical go-to food.

What's your eating plan on competition day at the Olympics?

Something with a lot of carbohydrates. My favourite meal is chicken parmesan with pasta on the side.

What are your thoughts on cheat meals?

I love chips! Or chocolate and a brownie with ice cream.

How do you de-stress?

Prayer is the best stress-reliever for me. When I'm really stressed and have to travel a far distance, I just let out any emotion that I need to and just talk to God.

How do you motivate yourself when you don't want to train?

As an athlete, there are so many days where you're mentally exhausted, physically sore or just tired. It's rough to get out of bed, but I try and remind myself that this is something I love to do, and I am blessed to be given the opportunity to run and chase after my dreams. I want to look back and have no regrets.

What goes through your mind the day of a competition?

I visualize what I want to do in order to be successful. I try not to think about much else, because all the thinking and preparation happens in practice. For the competition, I like to just trust my body to do what it knows to do.

What do you do the day of a competition?

I get up early and have a healthy breakfast. Then I try and take a nap to make sure I'm really rested. I try to stay distracted by watching TV shows or movies on my laptop until I have to get ready. Then I listen to music as I get ready and put on my makeup — that gets me in the mood to go out and kick some booty!

How do you recover after a competition?

When I run really fast, the next day I'm super sore. A short jog or warm-up helps — so does a massage — but ultimately, a day off is the best way to recover.

What workout/exercise do you dread most?

Speed endurance is my worst enemy! I dread it because the pain level is awful. Your legs get filled with lactic acid and feel like they weigh a million pounds. You're out of breath but also feel like you want to throw up.

Are there any workouts that you've eliminated from your training because you found they weren't effective?

The only thing I have eliminated from my training is static stretching before working out. Static stretching is your basic stretching when you hold a stretch for 20 to 30 seconds. I recently found out that it isn't as effective as stretching after your workout. TORSTAR NEWS SERVICE

DIET

Diabetes and your address

Canadian adults under 65 may be at greater risk of developing diabetes if they live in a neighbourhood swamped by fast-food restaurants with few alternatives, a new study suggests.

The study, led by a University of Toronto researcher and published in the Canadian Journal of Public Health in June, looked at data from 7,079 participants aged 20 to 84 living within a 10-minute walk of at least one restaurant in Toronto, Brampton, Mississauga or Hamilton. Researchers found that, over five years, people younger than 65 living in an area with a high proportion of fast-food restaurants (at least three) and few alternatives were significantly more likely to develop diabetes than those living in areas with a larger variety of restaurants.

"Our key finding is that the double burden of living near a high volume of fast-food outlets and few alternatives, such as sit-down restaurants or cafés, was associated with the highest risk of developing diabetes," said the study's lead author, Jane Polsky, a PhD candidate with U of T's Dalla Lana School of Public Health.

"The higher the percentage (of fast-food restaurants), the worse your diabetes risk."

The study results show that for approximately every 40-per-cent increase in the percentage of all restaurants classified as fast food there is, statistically, a nearly 80-per-cent greater risk of developing diabetes.

Study results accounted for factors such as age, sex, education, household income, smoking status and walkability and focused on how much the increased diabetes risk was because of restaurant exposures.

The high volume of fast-food restaurants and lack of healthy options may "normalize" fast food for consumers, said Polsky. TORSTAR NEWS SERVICE

HEALTH GIVE IT A REST, TEACHERS

A classroom full of hyper, rude and badly behaved students screaming at the top of their lungs — and refusing to settle — is enough to give any teacher burnout. But a new UBC study of 406 Vancouver students in Grades 4 to 7 suggests the reverse might be true, too: Teachers' stress may be rubbing off on students.

Kids whose teachers reported more emotional exhaustion and feelings of disconnection from their students had higher morning levels of cortisol, an important stress hormone. Children with mental-health and behaviour problems, as well as those who've been bullied, tend to have higher levels of cortisol. The kids' cortisol levels varied widely from class to class, and the researchers found about half the variation could be explained by how much burnout the teacher reported. Though more research is needed, this study could be a reminder for parents and teachers to stay calm. GENNA BUCK/METRO

metro SPORTS

"David Eugene Chappelle... Start planning the next Player Haters Ball": Andre Iguodala's tweet after Kevin Durant's free agency decision

If you can't beat 'em, join 'em: Durant picks Dubs

NBA

Ex-MVP makes Golden State's star-studded cast brighter

Kevin Durant decided his best chance for "growth" means leaving his beloved Oklahoma City behind for a big move out West to join the star-studded, record-setting Golden State Warriors and play alongside Splash Brothers Stephen Curry and Klay Thompson.

In the most anticipated move of the NBA off-season, Durant announced his decision Monday on The Players' Tribune. His contract is for $54 million over two years and includes a player option, a person with knowledge of the deal said Monday, speaking on condition of anonymity because details weren't made public. Durant's move will become official as soon as Thursday, when free agents can sign their new contracts.

Independence Day, indeed.

"The primary mandate I had for myself in making this decision was to have it based on the potential for my growth as a player — as that has always steered me in the right direction," Durant said in the article. "But I am also at a point in my life where it is of equal importance to find an opportunity that encourages my evolution as a man: moving out of my comfort zone to a new city and community which offers the greatest potential for my contribution and personal growth. With this in mind, I have decided that I am going to join the Golden State Warriors."

And the 2015 champion Warriors, who squandered a 3-1 NBA Finals lead to lose to LeBron James and the Cavaliers last month, know how tough Durant is in any lineup: they rallied from down 3-1 to beat Durant and the Thunder in a seven-game Western Conference final.

Golden State applied a full-court press to land Durant. On Friday in the Hamptons, the Warriors sent owner Joe Lacob, general manager Bob Myers, coach of the year Steve Kerr, Curry and Thompson to meet with the six-foot-nine superstar.

The 2013-14 MVP and four-time scoring champion led the Thunder to the NBA Finals in 2012, and to the Western Conference final in four of the past six years — and he's only 27. He recovered from a broken bone in his right foot that cost him much of last season to post one of the best years of his career.

Durant met with the Thunder, Warriors, Los Angeles Clippers, Boston Celtics, San Antonio Spurs and Miami Heat once teams could begin negotiating with free agents.

THE ASSOCIATED PRESS

The Golden State Warriors will soon boast the two most recent MVPs in Kevin Durant (2013-14), right, and Stephen Curry (2014-15, 2015-16). ANDREW BERNSTEIN/NBAE VIA GETTY IMAGES

> **It really pains me to know that I will disappoint so many people with this choice, but I believe I am doing what I feel is the right thing.** Kevin Durant

Wizards centre Marcin Gortat (@MGortat)

Nuggets forward Jusuf Nurkic (@nurkic23)

IN BRIEF

Gasol, Spurs agree on deal

The San Antonio Spurs didn't waste any time after losing out in the Kevin Durant sweepstakes.

The Spurs agreed to a two-year deal with veteran forward Pau Gasol on Monday, a person with knowledge of the situation told The Associated Press.

The deal is worth more than $30 million and final terms will be completed after the Spurs make a move or two to create the necessary cap space.

Heat offer Wade $40M

Dwyane Wade has an offer to consider.

Wade has been extended a two-year, $40 million contract offer to stay with the Miami Heat, a person with knowledge of the negotiations told The Associated Press on Monday. The second year would be at Wade's option.

Mavs look to capitalize on Warriors' salary-cap issues

Andrew Bogut is headed to the Dallas Mavericks from Golden State thanks to the Warriors' successful pursuit of Kevin Durant.

A person with knowledge of the deal said Monday that the Mavericks have agreed to acquire Bogut with the Warriors trying to clear salary-cap space. The person also said the Mavericks are set to sign Harrison Barnes, who will become an unrestricted free agent after Golden State renounces his rights.

THE ASSOCIATED PRESS

WIMBLEDON

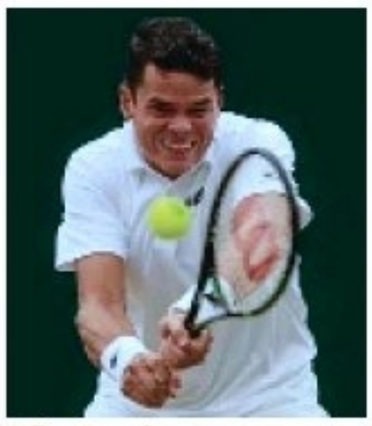
Raonic digs his way out of two-set hole

Canada's Milos Raonic advanced to the quarter-finals at Wimbledon on Monday, coming back from two sets down to beat Belgian David Goffin 4-6, 3-6, 6-4, 6-4, 6-4.

The sixth-seeded Raonic recovered confidently after struggling early in the match and won after trailing by two sets for the first time in his career.

Raonic, from Thornhill, Ont., will next face 28th seed Sam Querrey of the United States.

THE CANADIAN PRESS



Milos Raonic GETTY IMAGES

MLB IN BRIEF

Giants hand Rockies their sixth straight loss

Angel Pagan hit a two-run homer, Buster Posey also connected to back Jake Peavy, and the San Francisco Giants beat the Colorado Rockies 3-1 on Monday.

Peavy (5-7) struck out six over 6-2/3 innings.

Nolan Arenado hit two doubles, but the run-starved Rockies lost their sixth straight game and fourth in a row held to one or fewer runs.

THE ASSOCIATED PRESS

Red Sox march hit parade over Rangers

Brock Holt hit a two-run homer, Sandy Leon had four hits with three of Boston's season-high nine doubles, and the Red Sox beat the Texas Rangers 12-5 Monday.

Mookie Betts hit a two-run homer, Travis Shaw and Dustin Pedroia each added a solo homer as Boston banged out 13 extra-base hits.

The Red Sox had a season-high 21 hits.

THE ASSOCIATED PRESS

MLB

Polanco powers Pirates past Cards

Gregory Polanco homered twice and Jonathon Niese turned in his best start in almost a month to lead the Pittsburgh Pirates to a 4-2 win over the St. Louis Cardinals on Monday.

John Jaso also drove in a run for Pittsburgh, which has won five in a row, all on the road. St. Louis had a three-game winning streak snapped.

Polanco's two-run homer in the sixth off Carlos Martinez (7-6) put the Pirates ahead to stay 2-1. He added a solo shot in the eighth for the first two-homer game of his career.

Pittsburgh, which has won eight of 10, recorded its fourth successive come-from-behind win. THE ASSOCIATED PRESS

MONDAY In St. Louis

PIRATES	CARDINALS
4	2

No more dress rehearsal for Bombers' Dressler

CFL

New receiver ready to return to lineup vs. Tiger-Cats

Weston Dressler is ready for a do-over of his first CFL regular-season game with the Blue Bombers.

The veteran receiver said after Monday's practice he's "good to go" and will play Thursday in Hamilton.

Dressler was knocked out of Winnipeg's season-opener June 24 after a helmet-to-helmet collision with Montreal cornerback Ethan Davis in the first quarter.

"I think I was in for two series, not a whole lot of plays," Dressler said.

One of the team's big off-season signings, the former Saskatchewan wide receiver had missed both exhibition games because of a lower-body injury.

Admitting he was "amped" for the home-opener with his new club, he said he was injured during a play in which he was trying to make a difference.

It was first down with 25 yards to go when Dressler caught a pass from quarterback Drew Willy and decided to run up field to get more yards. He was hit and the gain was only seven yards.

"Some people say get out of bounds in that situation," said Dressler, who's in his ninth season. "In my eyes, at that time, second and long is a bad situation for the team. So I thought if I can fight for a few more (yards), get us in a little more manageable situation, we can convert the first down. We just went two-and-out the previous series.

"In hindsight, obviously with the injury coming out, might have been better off going out of bounds. But that's football."

Dressler finished with three catches for 22 yards as the Bombers fell 22-14 to the Alouettes. They followed that up with a 36-22 loss in Calgary last Friday to start the season 0-2.

"I feel like I can bring some more energy and, hopefully, some of those big plays that create that energy and excitement and can kind of create more momentum for the offence," Dressler said.

That's what Willy is hoping for.

"He adds so much to our offence," Willy said of Dressler. "Explosion, ability to get open. He knows the offence. He's the ultimate pro.

"He's seen it all so he'll give us information on the sideline that he's seeing and he'll have good suggestions. And then he's obviously a great player."

When asked to assess why the offence couldn't find consistency through the first two games, he had a simple answer.

"Just each taking our turn making mistakes is what it comes down to," Willy said.

THE CANADIAN PRESS

Weston Dressler didn't make it out of the first quarter in the Bombers' season-opening loss to the Alouettes on June 24.
JOHN WOODS/THE CANADIAN PRESS

> **That criticism just makes us work even harder.**
> Rookie defensive end Shayon Green on the boos that have come with the Blue Bombers' opening two losses this season.

IN BRIEF

Als' Carter banned a game for bumping Ottawa coach

The CFL has suspended Montreal Alouettes receiver Duron Carter one game for his part in a wild melee in a game on Friday against the Ottawa Redblacks.

Carter was hammered as he made a spectacular catch in the end zone in the third quarter. As he walked by the Ottawa bench, he bumped into head coach Rick Campbell, knocking him over.

The Redblacks rushed to Campbell's defence, throwing slaps and shots at Carter, who continued his celebration straight through the Ottawa bench area to his own bench, which is on the same side of the field.

THE CANADIAN PRESS

Cavendish sprints to Stage 3 win at Tour

Mark Cavendish showed off his sprinting experience by edging German rival Andre Greipel in a photo finish to win the third stage of the Tour de France on Monday.

World champion Peter Sagan held on to the race leader's yellow jersey he claimed a day earlier.

THE ASSOCIATED PRESS

Mark Cavendish
GETTY IMAGES

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SOCCER

Final four in France about to get Real

When Portugal and Wales face off for a spot in the final of the European Championship, two players will be expected to rise far above the rest.

Cristiano Ronaldo and Gareth Bale, club teammates at Real Madrid and the most expensive players in the history of the sport, will bear the hopes of their nations on Wednesday night at Stade de Lyon.

None of the matches played at Euro 2016 has pitted two players of such unequaled star status.

The stage, fittingly enough, could hardly be bigger. The winner will earn a spot in the July 10 final at Saint-Denis against either world champion Germany or host France.

"Two of the best players on the planet," Wales coach Chris Coleman said. "I don't suppose there will be any love lost on the evening. We know what's at stake, any friendship will have to wait until after the game."

EURO 2016 SEMIFINAL SETUP

Cristiano Ronaldo, left, and Gareth Bale. GETTY IMAGES

Less than six weeks ago, Ronaldo and Bale joined in celebrations after winning a second Champions League trophy in their three seasons together at Real Madrid.

Since moving to Spain on a record 100-million euro transfer that broke Madrid's own deal for Ronaldo, Bale has always played the role of deferential sidekick.

The match in Lyon offers Bale the stage to challenge that hierarchy.

He arrives in better form than Ronaldo. The Wales winger has three goals (only France's Antoine Griezmann has more with four), including two from free kicks.

Wales is also riding a huge high after the most important victory in its history: a 3-1 comeback to oust Belgium in the quarter-finals.

It means that Wales has taken the label of underdog fan favourite from Iceland after its fairytale run was ended by France on Sunday.

Portugal, by contrast, has clawed its way into its fourth semifinal in the last five tournaments. Having squeezed into the last 16 after three draws at the group stage, it needed a win in extra time against Croatia and then penalties to get past Poland.

THE ASSOCIATED PRESS

RECIPE Pesto Pizza with Sundried Tomatoes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You'll want to spread this garlic-y topping on just about everything.

Ready in
Prep time: 5 minutes
Cook time: 15 minutes

Ingredients
- 2 cloves garlic, peeled and quartered
- 2 cups baby spinach
- 1 cup basil leaves
- 1/2 cup finely grated Parmesan
- 1/2 cup olive oil
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 large store bought flatbread
- 1 Tbsp olive oil
- 1 cup ricotta cheese
- 1/2 cup shaved Asiago cheese
- 1/4 cup chopped sun-dried tomatoes
- Chopped basil for garnish

Directions

1. Preheat the oven to 375 C. Prepare a baking sheet with parchment paper. In a food processor, mince garlic, then add the spinach, basil, Parmesan, oil and salt and pepper. Purée until smooth.

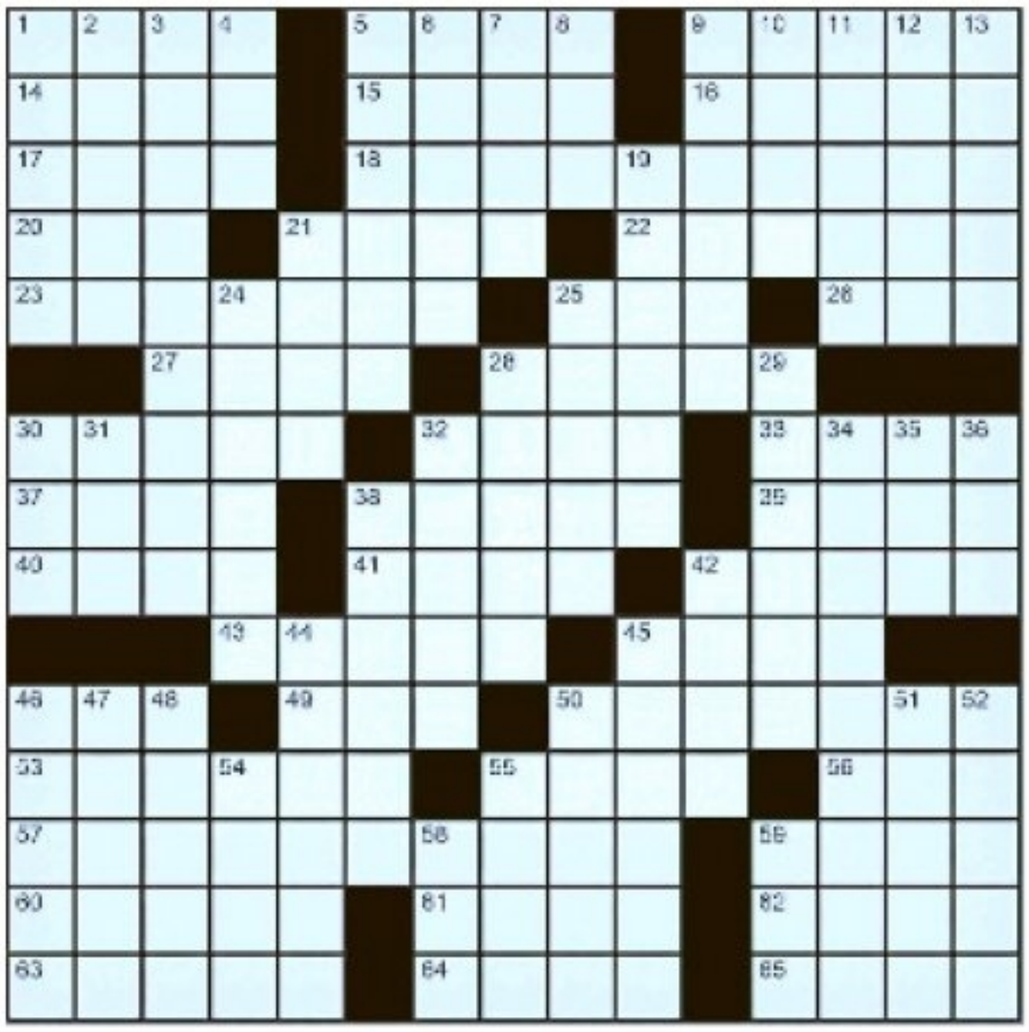
2. Lay the flatbread on the prepared baking sheet. Sprinkle with a bit of olive oil. Spread the pesto across the top of the flatbread leaving a 1/2-inch border around the edges. Drop heaping tablespoons of the ricotta onto the pesto. Sprinkle with Asiago and sun-dried tomatoes

3. Bake for 8 to 10 minutes, or until the edges of the crust are golden brown and the cheese is melted. Remove from the oven and sprinkle with chopped basil and slice into triangles to serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Theo __, "Canadian Idol" Season 6 winner
5. Track circuits
9. Mr. Redmayne of movies
14. Troll
15. "How now, __?" - Hamlet
16. 1987: __ Lake Accord
17. Two-masted boat
18. Canadian actor who played the character at #3-Down: 2 wds.
20. Archaic-style suffix
21. Reject in romance
22. Sooner or later: 2 wds.
23. Gods
25. Opposite of 'Post'
26. Parisian possessive
27. Laundry fasteners
28. Bowl game airship
30. Superhero costume pieces
32. Bank __
33. Nullify
37. Folk's Mr. Guthrie
38. Informal-style of wording
39. Ark's architect
40. Feudal system land
41. Wrongdoing, in law
42. Wild dog of Australia
43. 'Pink' rock band's need
45. Broadway hints
46. Aries, The __
49. Furthermore
50. "Please don't squeeze the __!" (Classic TV commercial catchphrase about a toilet paper brand ...More at #3-Down and #18-Across!)
53. Pilot a plane
55. Blue/green
56. Q. "What's the alphabet's 21st letter?" A. "Hmmm... either T __."
57. Tick tock... Wrist band
59. Funny routine
60. Gas station measure
61. River of England
62. Confined
63. Trickier
64. __ the potatoes (Kitchen task)
65. Skirmish

DOWN
1. Considered
2. Quartz variety
3. Grocer who made the request of customers at #50-Across: 2 wds.
4. Sherbrooke seasoning
5. "And now __ and gentlemen..."
6. Seed coverings
7. Agreement
8. 'S' in NYSE [abbr.]
9. "Lose Yourself" rapper
10. Shoulder muscle, informally
11. Mr. Arnaz's of "I Love Lucy"
12. Green Day's "When __ Around"
13. James __ (Canadian violin virtuoso)
19. Electrician's concern
21. Zippy dances
24. Start the game of golf: 2 wds.
25. Potted greenery
28. Plank
29. Even more small
30. HS lunch-time spot
31. Jackie O's hubby
32. CTV's "W5" host Mr. Robertson
34. "Hey, could you put that out please." requester
35. Blondie's comic strip hubby, briefly
36. Pleased interjection!
38. Mick and Keith
42. Bilateral
44. Froth up the soap
45. Quaint wedding location
46. Singer, Lou __
47. Be of service
48. "The Secret Life of Walter __" (2013)
50. Discontinue
51. Russian model Ms. Shayk
52. Like an almond or a pecan
54. Large land lot
55. Unfeigned
58. Shirt
59. Sun lotion no.x

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day for family discussions, because you are sensitive to what others want to say. Trust your intuition, especially in discussions regarding home repairs.

Taurus April 21 - May 21
This is a fantasy-filled, imaginative day. You might spend time daydreaming; however, you will see new ways to accomplish something you want to do in the future.

Gemini May 22 - June 21
If shopping today, you might want to make extravagant, luxurious purchases. Make sure you can distinguish between wants and needs.

Cancer June 22 - July 23
Today Mercury is in your sign dancing with Neptune. This stimulates your creative imagination and makes you sensitive to the world around you.

Leo July 24 - Aug. 23
Today you might be interested in hidden truths, spiritual mysteries and the paranormal. You want to know the reason behind why things happen.

Virgo Aug. 24 - Sept. 23
A discussion with a friend or a member of a group will be mutually sympathetic today. This person is grateful that you understand where he or she is coming from.

Libra Sept. 24 - Oct. 23
In discussions with bosses, parents and VIPs today, you will be sensitive to the demands of their job and challenges. If you can help, you will.

Scorpio Oct. 24 - Nov. 22
Mystical and spiritual subjects fascinate you today. This is a good day to explore religion, poetry, music and occult subjects, because your mind is open to the unusual.

Sagittarius Nov. 23 - Dec. 21
If you divide or share something today, make sure you are fair to yourself as well as to others. You have an impulse today to be generous to those who are less fortunate.

Capricorn Dec. 22 - Jan. 20
This is a good day for a heart-to-heart discussion with a close friend or partner. You will find it easy to see what this person wants or to imagine how he or she feels.

Aquarius Jan. 21 - Feb. 19
You will be bored with menial, routine tasks, because you want to discuss big concepts and ideas at work. Expect to be sympathetic to a co-worker.

Pisces
Feb. 20 - March 20
Your creative vibes are hot today. This is a good day to explore music, the arts, theater, painting, drawing and anything where you can tap into your imagination.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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JUNE 30'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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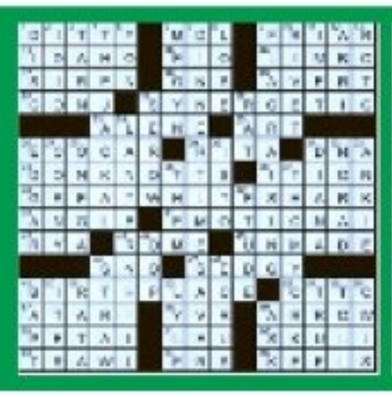

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